

Bikes for Big People

Joining the fleet of adaptive bicycle used in the cycling program on DCR's Norwottuck Rail Trail in Hadley, are several new bikes designed to accommodate heavier cyclists. Two-wheeled individual bikes, a two-wheeled tandem bike, a three-wheel tandem bike and an adult trike are now available. The two-wheeled bikes may be rented at Trailside Bicycles (see page 5). Some of these bikes can support up to 500 pounds. To try them out at the cycling program, call *All Out Adventures* at 413-527-8980.



In this issue

- Notes from the Director
- Summer Recreation Programs
- Berkshire Bike and Boat Day

Notes from the Director, Tom McCarthy

DCR's Universal Access Program (UAP) is honored to be the beneficiary of Macy's, Turn over a New Leaf, program this year. This program, which heightens awareness of environmental issues and the benefits of park protection and preservation, raised funds to benefit the UAP as well as the National Park Foundation. This fundraising effort raised more than \$28,000 for the Universal Access Program. The programming and accessibility enhancements that these funds support will make a real difference in creating outdoor recreation opportunities for people of all abilities. All of us at DCR extend a heartfelt thanks to Macy's for their efforts to improve the lives of others and protect our natural resources.

Another round of thanks goes to all of those who volunteered this past year in helping the Universal Access Program serve thousands of people with disabilities along with their friends and families. The scores of individuals who committed their time and energy helped to make a tremendous difference in the

quality of recreation programming offered in our Massachusetts parks. We will be expanding our volunteer opportunities in the coming year. If you have an interest in working with the Universal Access Program as a volunteer, please contact Tom at 413-545-5353.

Be sure to check out DCR's new Healthy Heart Trails program. Many of these trails and walking paths are accessible and provide a great opportunity to get out and enjoy the parks while getting some exercise as well. Visit mass.gov/dcr to find where you can discover a Healthy Heart Trail near you or contact the Universal Access Program.

And, here's another opportunity to support accessible trails and recreation in Massachusetts. On June 20th between 10AM and 12Noon there will be a celebration of accessibility at Stanley Park in Westfield with a walk along their beautiful new accessible pathway. More information can be found at www.stanleypark.org

As always, I look forward to seeing you in the parks.

**Universal Access Program
Office, DCR Central Region
Headquarters, PO Box 484
Amherst, MA 01004
413-545-5353
413-577-2200 TTY**

Summer 2009 Outdoor Recreation Programs

General Information

Some programs are free and open to the public. Most programs require pre-registration. Paddling and hiking programs have fees, with limited scholarships available. A parent or legal guardian must accompany children. Sighted guides and other reasonable accommodations are usually available upon advance request. All program participants must complete a liability waiver.

Weekly Programs

Adaptive equipment, instruction and assistance provided. \$5 per person for kayak and canoe programs.

Mandatory Pre-registration

Seats are limited – to guarantee a spot, call phone numbers listed in advance! Please note: *All Out Adventures* maintains a low-enrollment cancellation policy: if there are less than 3 people registered to a program, the program will be cancelled. This affects all paddling and cycling programs, so please pre-register early!

June 15 – August 30

(except July 4)

Weekdays: 3 – 5PM, Weekends: 10AM – 2PM

Sailing

Charles River, Boston

Learn to sail and enjoy the city scenery from the river. Modified sailboats, adaptive support, lifeguard on duty and support launch.

Program costs \$1, pre-registration required.

Call Community Boating at

617-523-1038 x 23.



John Tlumaki/Globe staff

Sailing on the Charles in an adapted Mercury.

Mondays: July 6 – 27

Kayaking

10AM – 3PM

D.A.R. State Forest, Goshen

Join *Stavros Outdoor Access* for weekly flat-water kayaking. Explore Highland Lake in search of blueberries. Lifeguard on duty.

Call 413-259-0009 to register.

Mondays: July 13 – Aug 17

Kayaking

9:45AM – 3:15PM

Walden Pond State Reservation, Concord

Experience flat-water kayaking, with adaptations and support as needed, in a safe environment with a lifeguard. Call *All Out Adventures*

at 413-527-8980 to register.

Summer 2009 Outdoor Recreation Programs

Tuesdays: July 7 – August 18

Canoeing

9:45AM – 4:15PM

Elwell State Recreation Area, Northampton

Join *All Out Adventures* for weekly canoeing on the Connecticut River. Explore a shallow channel on a lazy day or challenge yourself to paddle around Elwell Island! Call 413-527-8980 to register.

Wednesdays: July 1 – August 19

Kayaking

9:45AM – 4:15PM

D.A.R. State Forest, Goshen

Kayak on beautiful Highland Lake with *All Out Adventures* and a lifeguard. Picnic and take a walk on the accessible forest trail along the lake shore to complete your day. Go for a swim on the lifeguarded swimming beach. Call 413-527-8980 to register.

Thursdays: July 9 – August 20

Kayaking

9:45AM – 3:15PM

Douglas State Forest, Douglas

Join *All Out Adventures* at this popular flat-water kayak program and see if you can paddle to Rhode Island! Lifeguard on duty. Call 413-527-8980 to register.

Fridays: June 12 – September 25

(not offered on July 3 and 24)

Cycling

12Noon – 5PM

Norwottuck Rail Trail, Hadley

Come explore the wide variety of adaptive cycles for adults and kids including handcycles, trikes, tandems, recumbent bikes and new this year: bikes for big people! Ride occasionally or weekly. Pre-registration required, Call *All Out Adventures* at 413-527-8980. \$3 per program or use an AOA seasonal pass.



Photo by Marcy Marchello

Kayak paddling lesson prior to departure in DCR's Dunn State Park.

Thursdays: July 2 - August 20

Kayaking

10AM – 4PM

Hopkinton State Park, Hopkinton

Join *Outdoor Recreation of Hopkinton* to explore a gentle lake with support as needed and lifeguard. Pre-register by calling ORH at 508-435-3965.



Photo by Marcy Marchello

Steve Stolberg takes a break on a performance handcycle at the accessible cycling program in Hadley.

Thursdays: June 11 – October 22

Rowing

(hours vary)

Elwell State Recreation Area, Northampton

Learn to row, scull or continue to practice with Stephanie Moore of *Holyoke Rows*. Specialized rowing shells, adaptive support and lifeguard. Enjoy exercising on the river and/or train for competition. Free, but pre-registration required. Call 413-320-3134.

Summer 2009 Outdoor Recreation Programs

Explore the parks! Join the hiking program that travels around the state!

Accessible Hiking Program

Take a hike with *Stavros Outdoor Access!* Explore accessible trails and rugged paths with a focus on fun and meeting new people. Assistive equipment and team-work unite people of all abilities using *Terra Trek* mountain wheelchairs, push joggers and lots of stops to rest. Bring a lunch and enjoy activities, such as scavenger hunts, nature talks and letterboxing. Collect DCR passport stamps at each park! Sighted guides available. Limited transportation – call 413-259-0009 to inquire. \$2 per person, \$4 for families, \$10 for groups. To register call 413-259-0009.



Photo by Marcy Marchello.

Hikers return to Riverbend Farm in Uxbridge on an accessible hiking program.

Date	Day	Location	Town	Theme
July 7	Tues	Robinson State Park	Agawam	Scavenger Hunt
July 16	Thu	Natural Bridge	North Adams	Evening Sensory Exploration
July 24	Fri	Dunn State Park	Gardner	ADA Event
July 29	Wed	Spectacle Island	Boston	Island Tour
August 12	Wed	Middlesex Fells	Stoneham	Nature Activity
August 26	Wed	Wompatuck State Park	Hingham	Letterboxing
September 3	Thu	Wendell State Forest	Wendell	Hurricane Damage
September 16	Wed	Skinner State Park	Amherst	Hawk Migration
October 2	Fri	Halibut Point State Park	Rockport	Ocean & Quarry
October 8	Thu	D.A.R. State Forest	Goshen	Letterboxing
October 14	Wed	Webb State Park	Weymouth	Water Creatures
October 17	Sat	Maudslay State Park	Newburyport	Halloween Event

Fishing

Universal Access works with Mass Fisheries and Wildlife's Angler Education Program to offer accessible fishing. Adaptive and conventional fishing equipment can be used at wheelchair accessible sites around Massachusetts. Call Jim Lagacy at 508-389-6309 for more information. Check MassWildlife's Angler Education Programs on line at <http://www.mass.gov/dfwele/dfw/dfweduc.htm#AEP>



Photo by Marcy Marchello.

Accessible fishing at DCR's Dunn State Park.

Summer 2009 Outdoor Recreation Programs

Evening Kayaking on Barton's Cove

Enjoy a leisurely evening paddle in the company of eagles. \$5 per person. Call *All Out Adventures* at 413-527-8980 to register. Previous paddling experience recommended. Monday, August 24, 6 – 8PM

Connecticut River Paddling Day Trips

Join *Holyoke Rows* for kayaking day adventures on the river. Previous paddling experience required. Call 413-320-3134.



Photo by Marcy Marchello.

Connecticut River Trip near Northampton.

Date	Day	Section
July 18	Saturday	Bartons Cove to French King Bridge and Back (11miles – 5.5 one way)
August 22	Saturday	Montague – Sunderland (11 miles)
September 26	Saturday	Sunderland to Elwell (13.5 miles)

Berkshire Bike and Boat Day

Saturday, August 8 10AM – 4PM

At Farnum's Crossing Town Park in Cheshire, try out a variety of adaptive cycles on the Ashuwillticook Rail Trail, then kayak on scenic reservoirs. Bring your lunch and enjoy this free day in one of the most beautiful spots in the whole state. For further information and to pre-register, call *All Out Adventures* at 413-527-8980.



Photo by Marcy Marchello.

DCR Equipment Specialist Michelle Bitgood shows a handcycle to father and son at the Berkshire Bike and Boat Day.

Adaptive Bike Rentals

Cycle on your own at the locations below within the DCR park system.

To rent bikes for private use elsewhere, the following organizations offer adaptive equipment rentals:

Northeast Passage, New Hampshire at 603-862-0070, www.nepassage.org or

Child and Family Services Disability Program, Springfield at 413-788-9695.

Norwottuck Rail Trail

Trailside Bicycles, 8 Railroad Street, Hadley
413-582-0733

Call to reserve, 7 days a week, 10AM – 5PM

\$20 for up to 4 hrs, \$35 for up to 8 hrs

Adult Handcycle, Child Handcycle,

Wheelchair Tandem, Two-wheel bike

and tandem for big people

Cape Cod Rail Trail

Bike and Blade, Underpass Road, Brewster
508-896-8200

7 days a week \$25 per day

2 Adult Handcycles, Youth Handcycle

Horseback Riding

One day only!

Join *Windrush Farm* for horseback riding at Bradley Palmer State Park in Topsfield on Friday, August 28, 10AM – 2PM. Free. To receive required waivers, register and reserve a spot, call 617-626-1294.



Photo by Marcy Marchello.

Enjoying Horseback Riding in Bradley Palmer assisted by *Windrush Farm* staff.

DCR ACCESS NEWS

Letterboxing A Do-it-yourself Activity

If you enjoy treasure hunts, consider letterboxing!

It is a wonderful family quest activity in which clues are followed to locate hidden boxes containing rubber stamps. Imprinting the stamps in your personal logbook proves you were there and serves as a souvenir of the experience. Five parks in the Connecticut River Valley area have Universal Access Program letterboxes, hidden as accessibly as possible and several are at Universal Access Program sites!

Find all 20 letterboxes and receive a prize!

On your travels you can also collect DCR Passport Stamps in over 70 parks statewide. Call 413-545-5758 for more passport information and clues.



Photo by Sue Tracy

Karen Foster of *All Out Adventures* and Sam Pollard examine a letterbox at DCR's Mt. Tom State Reservation in Holyoke.

Deval L. Patrick, Governor
Timothy P. Murray, Lt. Governor
Ian A. Bowles, Secretary, EOEEA
Richard K. Sullivan, Jr., Commissioner, DCR